

Capitol Hill Fitness Center Group Exercise Schedule

MARCH 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		Indoor Cycle Kimberly	Indoor Cycle w/ TRX Effie	Bootcamp Xavier	Indoor Cycle w/ TRX Susanne	Bootcamp Xavier	Stone Mountain Walk* Check us out on www.meetup.com
11:30a		Body Flex Susanne	Dance Fit L'laina	Pilates Effie	Body Flex Kimberly		
12:30p		Step Susanne	Yoga Susanne	Zumba Gold Christy	Yoga StrX TBD	TGIF Dance Party Whitney/Daniel	
3:30p		Indoor Cycle Steve	Belly Dance Ashley	Indoor Cycle Effie	Bootcamp Steve	(3:00p) Body Flex Ebony	
4:15p		Zumba Tone Christy	Body Flex Susanne	Cardio Kickbox Ebony	Dance Fit L'laina	Indoor Cycle Effie	
5:15p		Body Flex Effie	Indoor Cycle Steve	Body Flex Effie	Indoor Cycle Steve		
5:45p			StrX & Roll Steve		StrX & Roll Steve		

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.

We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.

Please be dressed in athletic shoes for classes (no flats or bare feet)!

*<http://www.meetup.com/American-Heart-Association-Walking-Clubs/Georgia-Dept-of-Public-Health-Stone-Mountain/> (please check schedule)



Capitol Hill Fitness Center
Tel: 404-232-1573
capitolfitness@dhr.state.ga.us
Hours of operation
M-Th 6am - 7pm, Fr 6am -6pm

DPH Worksite Wellness
Susanne Koch
404-657-2566
10-245
Please send questions/comments
to eskoch@dhr.state.ga.us

